

# TRAINERS for...

## Revised Fundamentals of Caregiving and Modified Fundamentals of Caregiving Self-Study Course

### For Adult Family Homes and Boarding Homes



By law, **ALL** Adult Family Home (AFH) providers, AFH resident managers, Boarding Home (BH) administrators (or designees) and AFH/BH caregivers providing direct personal care are required to take either *Revised Fundamentals of Caregiving* or *Modified Fundamentals of Caregiving Self-Study* course. (WAC 388-112-0075)

AFH and BH caregivers must take this caregiver training **within 120 days of when they begin providing hands on personal care** in a:

- Licensed Adult Family Home
- Boarding Home

#### **What Is Covered In the Trainings?**

The *Revised Fundamentals of Caregiving (RFOC)* is a 28-hour classroom course designed to be a very practical and basic class in caregiving. The class focuses on basic caregiving job requirements, client rights, communication and problem solving skills, protecting the health and safety of residents and performing personal care skills.

The *Modified Fundamentals of Caregiving (MFOC)* is a self-study course designed for health care workers whose previous training gives them proficiency in some of the content and basic skills covered in the full 28-hour *RFOC* course. *MFOC* focuses on client/resident rights including mandatory reporting requirements, medication assistance regulations, Nurse Delegation, Self-directed Care, assessment and observation, documentation and service planning.

#### **Who Can Take the Modified Fundamentals Self –Study Course?**

You may take the *Modified Fundamentals of Caregiving Self-Study* course if you have completed training as a:

- Nursing Assistant-Certified
- Medicare Certified Home Health Aide
- Occupational Therapist
- Registered Nurse
- Licensed Practical Nurse
- Physical Therapist

**If you do not meet any of the above, you must take the 28-hour RFOC class.**



## Successfully Completing the Classes

You must take and pass a written test and be able to demonstrate certain personal care skills to receive a training certificate for RFOC. MFOC participants must pass a written test.

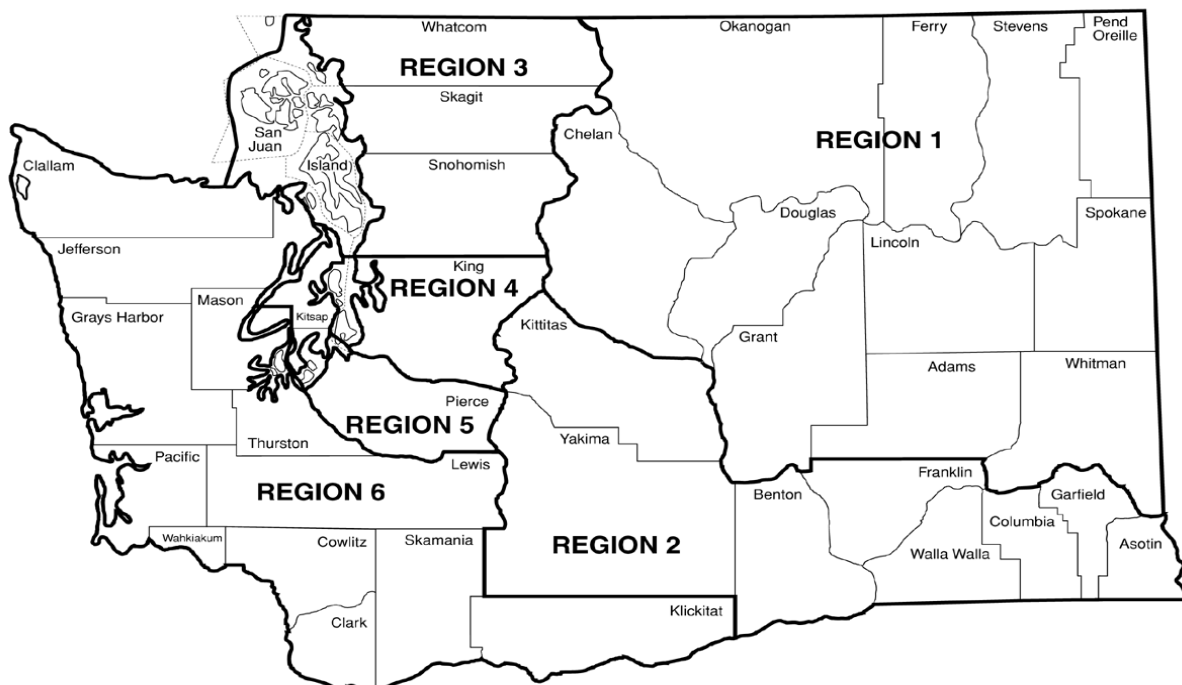
## Challenge Tests

A challenge test is for people who believe they already have extensive knowledge of the course materials. You may choose to take a test without taking the course. It costs the same as the classroom course. If you do not pass, you must pay the entire tuition again and take the classroom course.

# Registration

1. Look at the list of Trainers on pages 3 and 4 to find a trainer near you. Trainers are listed by region, county, or city. The map below will show you what region that you are in.
2. Call the Trainer and register for the class.

**You may also access the list of trainers on line at:  
[www.adsa.dshs.wa.gov/Professional/training/](http://www.adsa.dshs.wa.gov/Professional/training/).**



# **TRAINERS**

## **For Revised Fundamentals of Caregiving Modified Fundamentals of Caregiving Self- Study**



**REGION 1:** Adams, Chelan, Douglas, Ferry, Grant, Lincoln, Okanogan, Pend Orielle, Spokane, Stevens, Whitman Counties

<b>County or City</b>	<b>Trainer's Name</b>	<b>Telephone Number</b>
Chelan	Brenda Webster	509-687-6398
Grant	Columbia Basin Job Corps	509-762-5581
Pend Orielle	Patterns of Life Educational Services	509-445-1721
Spokane	1st Line 1st Aid	509-926-0558
Whitman County	Palouse Alliance	509-397-6280
	Oralene Cancellare-Romjue	509-878-1569

**REGION 2:** Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla, Yakima Counties

<b>County or City</b>	<b>Trainer's Name</b>	<b>Telephone Number</b>
Clarkston	Geni Mertsching	208-792-3722
Pasco	Columbia Basin College	509-547-0511
Walla Walla	Walla Walla Community College	509-527-4330
Wenatchee	Caregivers Educational Services	509-886-4187
Yakima	Basic Emergency Safety Training	509-452-9929

**REGION 3:** Island, San Juan, Skagit, Snohomish, Whatcom Counties

<b>County or City</b>	<b>Trainer's Name</b>	<b>Telephone Number</b>
Anacortes	David McDowell	360-293-5187
Bellingham	Bellingham Technical College	360-715-8353
	Cindy Dustin	360-671-9162
	Carol Ham	360-676-7149
Ferndale	Regina Stump	360-325-0153
Mt. Lake Terrace	Carol Holloway	425-672-1190
Mt. Vernon	Skagit Valley College	360-416-7672
Everett	Everett Community College	425-388-9007
	Karen Fogarty	425-743-4128
	Sunrise Services	425-347-3149

# TRAINERS



## **REGION 3 (cont'd):** Island, San Juan, Skagit, Snohomish, Whatcom Counties

<b>County</b>	<b>Trainer's Name</b>	<b>Telephone Number</b>
Oak Harbor	Louvenia Ringuette	360-675-3399
Orcas Island	Sally Y. Coffin	360-376-9017
Sedro-Woolley	E. Faye Daly	360-724-3060
	Cascades Job Corps	360-854-2182
Snohomish	Professional Registry of Nursing (PRN)	1-800-776-1101

## **REGION 4:** King County

<b>County or City</b>	<b>Trainer's Name</b>	<b>Telephone Number</b>
Bellevue	Professional Registry of Nursing (PRN)	1-800-776-1101
Kirkland	Headway Nursing Bureau (Bi-lingual training)	425-271-5319
	Maggie Broggel (Procare Educational)	425-822-1138
Renton	Moss Enterprises	425-226-2257
	Renton Technical College	425-235-2470
Seattle	Shirley Kinkade	206-243-5882
	Karen Morgan	206-772-7536
	Nursing Assistant Training Institute	206-546-1120
	<a href="http://www.natraining.net/">http://www.natraining.net/</a>	
	Christine Taylor	206-261-5589
	Shoreline Community College	206-546-4756

## **REGION 5:** Kitsap and Pierce Counties

<b>County or City</b>	<b>Trainer's Name</b>	<b>Telephone Number</b>
Buckley	Jamie Daniels	253-288-0135
Bremerton	Care Plus Home Health	1-877-609-2770
	Kitsap Home Care	360-377-7307
Fox Island	Helen Murphy	253-549-2888
Lakewood	Bev-Lee Health Care Quality Training	253-984-6350
	Clover Park Technical College	253-452-0717
Port Orchard	C & S Training	360-874-1789
Puyallup	Cooper House 1	253-435-8609
Tacoma	Far Reaching Consulting	253-536-0206
	Tacoma Community College	253-566-5020
	Professional Registry of Nursing	1-800-776-1101
Spanaway	Debra S. Walker	253-875-0022
Sumner	Teresa Marshall (Pierce and South King County)	360-897-2628

# TRAINERS



**REGION 6:** Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Kilckitat, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum Counties

County or City	Trainer's Name	Telephone Number
Aberdeen	Ruth Ann Kolodzie	360-533-3453
Brinnon	Judith Y. Meyers	360-796-0309
Camas	Leta Ayers (Leonavichus)	360-833-8352
Centralia	Linda C. Amondson-Muller	360-807-8645
Elma	Donna McGuin	360-482-2006
Kelso	Bess Walters	360-423-4722
Longview	Lower Columbia College	360-442-2868
	Eldercare Options	360-636-1000
Olympia	De'Sandra Simmons	360-413-7074
	South Puget Sound Community College	360-754-7711
Port Angeles	Caregivers Home Health Inc.	360-457-1644
	Virginia Houk	360-417-0959
Ridgefield	Jeannine White	360-887-4118
Thurston/Lewis	Professional Registry of Nursing	1-800-776-1101
Vancouver	Connie Crites	360-695-7794
	Quality Nurse Consultants	360-891-2448 or 1-888-817-1496
	Step by Step	503-667-6285